



200-741 Sahali Terrace Kamloops, BC V2C 6X7

Phone: 250-314-0076
fax: 250-314-1196
toll-free: 1-877-314-0076

email: info@kamloopssurgery.com
website: www.kamloopssurgery.ca

IMPORTANT INSTRUCTIONS

AFTER YOUR SURGERY

ON LEAVING THE CENTRE YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT, who may either drive you home or accompany you home in a taxi. Do **not** use public transportation. It is imperative that this adult can be available at any time during your stay and can accompany you home when requested by the nursing staff.

Anaesthetics and sedatives may disturb your judgement and coordination for several hours. During this period, it is essential that you follow these instructions:

- On arrival home, it is common to feel sleepy. Rest quietly at home for the balance of the day or as instructed by your surgeon
- You may experience some muscular aches in your back or neck area and/or a sore throat or stuffy nose following a general anaesthetic. These symptoms are not serious and will disappear in a short time
- Increase your diet gradually starting with clear liquids
- Avoid alcohol or recreational drugs in any form for 48 hours
- Follow your surgeon's instructions regarding medications
- **DO NOT DRIVE** or operate boats, power tools or machinery for 24 hours
- **DO NOT** enter into any legal contracts for 24 hours
- You will receive instructions specific to your surgery prior to discharge
- Contact your surgeon if you have any problems or questions after you return home
- **If complications arise and you are unable to contact your surgeon, go the nearest hospital Emergency Department**
- If admission to hospital is required within 7-10 days of your procedure, please notify this facility at (250) 314-0076